Includes an UKF Easy Plan for Digestive Health L'UNS I PAI IU N V Combat acid ref A DOCTOR'S FIBER THERAPY TO CLEANSE AND HEAL

One simple therapy. A better stomach for the rest of your life.

Wes Jones, M.D., FACP, AGAF Wes Jones

Cure Constipation Now: A Doctor's Fiber Therapy to Cleanse and Heal



An easy-to-follow plan to regain a wholesome gastrointestinal system-and relieve problems from gas to bloating to IBS. Close to 100 million Americans have problems with chronic-and sometimes very significant- gastrointestinal conditions. Here, Dr. Wesley Jones has found that virtually all digestive problems have a unitary underlying cause-constipation." Constipation is one of the most common gastrointestinal problems in the United States, leading to about two million doctor appointments each year. Prominent gastroenterologist Dr. Because it's not just uncomfortable-it's unhealthy! However, most people deal with themselves without seeking medical help, as is definitely evident from the huge amount of money Americans devote to laxatives each year. Take as evidence the ubiquitous ads for Dannon's billion-dollar brand, Activia, which features Jamie Lee Curtis discussing "occasional irregularity. Our contemporary diets and nerve-racking lifestyles can make poor digestion such a common experience that sometimes people don't even identify it as a problem. No one wants to discuss constipation, but millions suffer from it. Now, this publication will offer them a safe, proven, easy-to-follow plan to relieve and stop constipation-related gastrointestinal problems for life.



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